



The Secret of a Good Digestion.

NOTHING so destroys the happiness of the home and the health of the family as monotonous meals—the same thing for breakfast, the same for dinner, and the same for tea, day after day. Now, it is the greatest mistake in the world to imagine that to vary the meals is costly. One wife will pay a shilling for a pound of steak, fry it, and—"there you are, a good, substantial meal for three," she will say. Another wife will buy only half-a-pound of steak, but with the remaining sixpence she will buy other things, which, combined with the steak, are baked into a savoury, appetising steak pie, and—there is a good, substantial meal for six. The first cost is the same, but the ultimate cost only half, and everybody is better pleased. The better the cook, the happier the home; and the ambition of this book is to make homes happier by placing ready, at the hand of every housewife, information which enables her to improve her cooking, and get the most for her money.

Good cooking goes far to keep the digestion good, but not far enough. The reason is that the digestive organs of no two persons are exactly alike: the digestion varies in persons just as much as the expression of face. But in the same way as soap and water keeps faces clean, so that world-famed family medicine, Chas. Forde's Bile Beans, keeps the stomach in order. Hence, a box of Chas. Forde's Bile Beans, always in its place on the sideboard, is the best friend the housewife has to help her to secure economy in the household and a saving in doctors' bills.

The experience of some who have used Chas. Forde's Bile Beans, truthfully and authentically published in the following pages, shows how this wonderful natural medicine not only cures ailments which have refused to yield to the best hospital and doctors' treatment, but also how it keeps the users ever afterwards in the best of health. See the Trade Mark 

WHEN BUYING

Beware of Worthless Imitations, which often do more harm than good. Money spent on cheap substitutes is wasted.

See you get the Original and World-famed Family Medicine, with the trade mark,

"Charles Forde's," on every label.



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In the preparation of food that will advance her children's growth and increase their strength, nourish herself and please her husband, and make the home brighter and happier, every housewife will find the recipes in the following pages of great value.

All are tried recipes, and can be recommended for their wholesomeness and their comparatively small cost, and are sufficient in number and variety to provide 100 different dinners.

Hence, keeping this book by you may mean better housekeeping at a lower expenditure, taking the whole year round, and more attractiveness and variety about the food set upon the dinner table.

THE BEST USES OF MEAT.

Hints.—No more water than is needed for gravy should be put in a stew. Salt or cold water makes scum to rise. Instead of toasting bread for pea-soup, porridge, etc., try drying it or roasting it till crisp in the oven. Bread or vegetables left in stock turn it sour. When using ketchup be sparing with salt.

To Roast Meat.—Place the joint near the fire for about ten minutes before placing in the oven. This hardens the surface of the meat and

keeps in all the juices. Baste the meat frequently whilst cooking with the fat which comes from it. The time a joint takes for roasting depends upon its size; it is a safe rule to allow for beef or mutton a quarter of an hour to every pound and a quarter of an hour over. Veal and pork require twenty minutes to every pound and twenty minutes over. Meat roasted in the oven never has the sweetness of meat cooked on a turnspit in a jack in front of a bright fire.

How to Cook a Sheep's Head.—Steep a sheep's head in cold water for a few hours. Then cleanse. Take out brains, which wash and put aside. Put head in a saucpan of cold water, and salt to taste. After boiling let simmer gently for two hours. When head nearly done, place brains in piece of clean white muslin, and boil for a few minutes. When brains set, chop them up and put in melted butter and chopped parsley sauce. When ready, serve head with this brains sauce poured over it. This is the most delicate way of cooking and serving a sheep's head, and makes a delicate dish suitable for weaker or invalid appetites. The broth can be used for invalids, with sippets of toast and without vegetable additions.

Baked Meat and Potatoes with Rice.—Wash $\frac{1}{2}$ -lb. rice and put it into a saucpan with 1 pint of water and a little salt. Allow it to cook about a quarter-of-an-hour; melt about 1 oz. dripping in a pudding tin; pour in the rice. Peel the potatoes, cut them in two, place them on the top of the rice

with the pieces of dripping to about another 2 oz., add salt and pepper. Put the meat on the top of the potatoes, and bake altogether in a hot oven about three-quarters-of-an-hour. When done serve the meat in a hot dish with the rice and potatoes round.

Shepherd's Pie.—Mince $\frac{1}{2}$ -lb. cold meat finely, season it with pepper and salt; put it into a greased pie-dish, and pour $\frac{1}{2}$ -pint gravy over it. Partly boil and chop an onion, and add it to the meat. Mash the potatoes very well, and add a little milk and a little salt. Spread this over the top of the meat like a crust, finish it with a fork, and put into a hot oven for about twenty minutes, or until nicely browned.

Stewed Breast of Lamb.—Take the skin off the lamb and then cut it into small pieces. Put the meat into a stewpan, cover with stock, pepper and salt, and stew gently for about two hours, that is until perfectly tender. To serve—thicken the gravy with a little flour, and let it boil one minute, and then pour it over the lamb. Serve with green peas.

Toad in a Hole.—Put 1 pound of good thick steak, or a thick chop, in the oven in a baking tin for about ten minutes, seeing there is sufficient fat in the meat to prevent it burning. Prepare a batter with 2 eggs, 1 pint of milk, 2 tablespoonsful of flour, and a little salt. Pour the batter over the meat in the tin, and leave it to bake for half-an-hour.

Calf's Head Boiled.—Wash the head well, remove the brains, soak the head in cold water and afterwards in hot water to whiten it. Soak the brains in warm water to get rid of the blood. Put the head into a saucepan and cover with cold water. As it boils, season with a little salt, and carefully remove the scum during boiling. To cook the brains, clean and skin them and put them on in hot water with salt, and boil gently for 15 minutes; then drain off the water, chop and mix them with a few spoonful of melted butter, a little minced parsley, a little lemon juice. Skin the tongue and put it in a dish

A NURSE'S BREAKDOWN

**Chas. Forde's Bile Beans
Cure Nervousness,
Weakness and Fainting.**

MRS. ELIZABETH TAYLOR, of 17, Glebe Street, Penarth, near Cardiff, is a fully-certificated maternity nurse, with many years' hospital and private practice. Five years ago, Mrs. Taylor, when living in Cardiff, was taken suddenly ill as she was returning home from seeing a patient.

"I can scarcely describe the terrible feeling that came over me," said Mrs. Taylor to a *Cardiff Times* reporter. "I felt as if an icicle was passing a deathlike chill right through the whole of my body. My body was icy-cold, but at the same time my pulse was going at an extraordinary rate. The awful coldness made me quite blind for a time. Though I came round from this attack I had many more of a similar nature. As a result, I became very weak; I lost all appetite, I was violently sick, and my sleep came in fitful dozes—an hour or two at a time was all I could get. I became weaker and weaker, until my friends shook their heads and said I was 'going home' rapidly.

"I had all the medical skill and attention it was possible to get. The doctors gave me medicine, but I got no lasting benefit.

"I continued to grow weaker, and still had the terrible fainting attacks. I also became very nervous, and was in a state of constant agitation. My illness had now lasted eight months, and I had lost nearly two stones in weight. I was thin and ghastly pale. I was not able to take any solid food, nor even the most delicate morsels. I was practically kept alive on a little milk.

"My husband read of a case somewhat similar to mine which had been cured by Chas. Forde's Bile Beans, and he insisted on my giving them a trial.

"I continued with Chas. Forde's Bile Beans until the fainting fits were entirely banished, and I felt thoroughly well and strong again. The doctors never could tell what my complaint was, but whatever it was, Chas. Forde's Bile Beans cured it thoroughly, for it is three years since I left off taking this remarkable medicine, and I have not had a sign of ill-health since."



with the brains round it. Pour melted butter with parsley over the head and send to table in a tureen. Serve with bacon, pickled pork, or ham. The liquor in which the head has been boiled makes good soup.

To Stew Steak.—Make 1 oz. dripping hot in a frying-pan. Cut the meat into pieces and fry it very lightly on both sides, then place it in a pan or stew-jar. Slice and fry onions and add them to the meat. Stir 1 oz. flour in the fat in the frying-pan, and allow it to brown well, and add gradually 1 pint of hot water or stock. When it comes to boiling, pour it all into the meat, and let the whole simmer for two hours in about a pint of water. Season well while simmering. Turnips and carrots may be cut into small pieces and put into the stew with the onions, or they may be boiled separately, and added on plate.

Leg of Beef.—Mix 1 tablespoonful flour, pepper and salt together; cut 1 lb. shin of beef into pieces, dip each piece into vinegar, then into the flour, pepper and salt, place in a stew-jar; pour $\frac{1}{2}$ -pint cold water over and simmer in a cool oven for two or three hours. Boil a carrot and a turnip until quite tender, and garnish the stew with them nicely cut up.

To Boil Meat.—Place the meat in boiling water and allow it to boil for three or four minutes just to harden the outside, then draw the pan to one side and allow the water just to simmer for the remainder of the time. Beef and mutton require quarter-of-an-hour to every pound and quarter-hour over. If it be a thick joint, allow rather longer. Salt meat should be put into cold water and allowed to cook very gently.

To Grill Chop or Steak.—Place a clean gridiron over a clean fire, lay a mutton-chop upon it. Let it cook for two minutes, then turn it over to cook the same length of time on the other side; turn it every two or three minutes until done. A large chop will take fifteen minutes to cook; a small one

(Continued on page 4.)

AGONIES OF INDIGESTION.

Sussex Lady describes how Chas. Forde's
Bile Beans Cured her.

MRS. FLORA BLAKER, of Bert Cottage, Graffham, near Petworth, Sussex, tells a vivid and touching story of four years of agony from biliousness and its consequences, and how Chas. Forde's Bile Beans restored her to perfect health.

"Four years ago," says Mrs. Blaker, "I began to suffer agonies from biliousness and indigestion. I was constantly suffering from severe sick headaches, and had such bad turns of giddiness that I often staggered in the street, and it was not safe for me to go out alone. The attacks were always accompanied by severe pains in the chest and shoulders. Spots would dance before my eyes, and often severe neuralgia would follow the attacks, making my life a perfect misery. My appetite failed, I could not sleep, and I became a perfect wreck, quite unfit for my work as a housemaid.

"I tried all sorts of remedies without avail, and I got so low-spirited and melancholy that I gave up all hope of ever getting well again. Reading an account of a cure by Chas. Forde's Bile Beans, I decided to have just one more try to get my health back again. To my great delight, a course of Chas. Forde's Bile Beans brought me great relief. I slept better, my appetite returned, and the pains in my chest and shoulders disappeared. The improvement continued, until all my troubles had vanished, and I became my old self again. In Chas. Forde's Bile Beans I found just the remedy I required, and I would not be without them for a fortune. I am quite satisfied that Chas. Forde's Bile Beans have permanently cured me of indigestion and biliousness."

Writing to-day, about two years after her cure, Mrs. Blaker says:—"The marvellous cure Chas. Forde's Bile Beans brought me has been permanent, for I am still in splendid health."



Mrs. F. Blaker.

ten minutes. Always turn the meat over with a knife and spoon. To prick a chop or steak with a fork is to let out the gravy. Steak is cooked in the same way, and after placing it on a hot dish you put a little butter over it if chop is lean. A steak is sweeter in its own fat. Use pepper and salt to taste. Mushroom ketchup and other sauces may be used, but to a healthy appetite the flavour of a good beefsteak is its own sauce.

Beefsteak Pie.—Cut 1 lb. beefsteak into thin strips, about 1 inch wide, mix 1 oz. flour, $\frac{1}{2}$ -teaspoonful pepper, and 1 teaspoonful salt together, dip each piece of meat into it, then roll up with a piece of fat in the centre of each, place in a pie-dish, pour over $\frac{1}{2}$ -pint cold water, cover with pastry. Decorate the top of the pie with pieces of pastry. Put it into a hot oven at first until the pastry is well risen, then allow it to cook very slowly for about 2 hours.

Meat and Potato Pie.—Peel 2 lbs. potatoes and slice them. Cut up 1 lb. to 2 lbs. cold cooked beef, lean and fat together. Place potatoes in pie-dish with $\frac{1}{2}$ -pint beef gravy. Season with pepper and salt. Add 2 onions cut in four pieces. Place meat over potatoes, few more potatoes over meat, and 1 oz. dripping on these potatoes. Put paste over top, with hole in centre, through which pour a little beef stock once or twice while cooking. Bake in a hot oven for about three-quarters-of-an-hour.

Roast Meat with Sage and Onions.—Boil 1 lb. onions until soft, then strain and chop finely. Add 1 tablespoonful sage, 2 tablespoonsful bread crumbs, and pepper, salt and dripping. Make an opening in the meat, put in the stuffing, fasten by means of a skewer. For cooking, allow quarter-hour to each pound of beef and quarter-hour over, and twenty minutes to each pound of pork.

Tripe and Onions.—Put 1 lb. tripe into a saucepan of cold water. Allow it to boil, then strain away the water, cut the tripe into nice-sized pieces, put the tripe back into the saucepan with

MORE THAN TIRED.

ANÆMIA, DEBILITY & FAINTINGS.

"UNTIL Chas. Forde's Bile Beans cured me of anæmia and nervous disorders, I was for a long time an object of pity amongst my neighbours. But this wonderful medicine changed me into a bright, healthy, active person." This is the testimony of Mrs. C. Garner, of Church Street, Rothley, Leicester.

"For quite a long time I was in a most depressed state," she told a *Leicester Guardian* reporter. "The doctor told me I was suffering from anæmia and nervousness, and he prescribed for these complaints. I got no relief, but continued languid and out-of-sorts. My nervousness intensified until I dared not stay in the house alone, and my weakness was increased by attacks of palpitation that were most exhausting. I became an object of pity to my neighbours, and was so ill I thought I should never be well again. My husband quite thought he would soon lose me, and he became almost as depressed as myself. The doctor having failed to give me relief, I made up my mind to try Chas. Forde's Bile Beans. After I had taken a few doses there was a perceptible change for the better. Then I began to improve more rapidly, and it was not many weeks before Chas. Forde's Bile Beans changed me from a nervous, depressed, spiritless woman, into a bright, healthy, active person. And now I have for months been quite free from ailment, and really in better health than I had known for years previously. Now, instead of pitying me, people compliment me on my healthy appearance, and the wonderful change Chas. Forde's Bile Beans have made in me is one of the things most talked about in our neighbourhood."

Mrs. Garner made the above statement four years ago. To-day she writes:—"The wonderful cure Chas. Forde's Bile Beans brought me has been lasting, for I have ever since continued to enjoy the best of health."



the onions cut small. Just cover with hot water and simmer for about 1 hour, or until quite tender. Mix 1 oz. flour to a smooth paste with $\frac{3}{4}$ -pint milk, and add it to the tripe. If there is too much liquor to the tripe, strain some away before adding the milk. Stir until it boils. Salt and pepper to taste.

Fried Liver and Bacon.—Beast's liver is quite as wholesome and appetising as calf's liver, if cooked in the following way, and makes a most economical meal for a family:—Fry a few slices of fat bacon until browned on both sides. Take out the bacon and place it on a warm dish, leaving the fat boiling. Cut the beast's liver into slices not more than half-an-inch thick, and place them quickly in the boiling bacon fat. Turn the liver until it is just cooked through and browned crisp on both sides. Then lift off on to dish containing the bacon. Sprinkle flour into the boiling fat remaining in pan, add a little hot water, keep stirring and boiling until it reaches thickness of cream. Then pour, while boiling, over bacon and liver in dish. The liver will be found tender and tasty. Avoid the old-fashioned practice of dipping the liver into flour or paste, as one does with fish for frying. Cook sheep's and calf's liver same way.

To Boil Bacon.—Soak in warm water for an hour or two. Cut off rusty parts and scrape the rind as clean as possible. Put on in cold water and let it simmer till thoroughly cooked through. A piece 2 lbs. to 3 lbs. requires to simmer about two hours. Skim carefully. Remove rind, and sprinkle with browned crumbs.

Roast Veal.—Take out the bone of a fillet of veal and fill the hole with stuffing of bread crumbs, grated lemon peel, chopped parsley, suet or butter, and seasoning, well and finely mixed. Tie and fasten the stuffed veal up with tape or twine and skewers. Roast or bake, and serve, according to taste, with pickled pork, or boiled ham, or bacon. Melted butter and parsley

(Continued on page 6.)

30 YEARS' BILIOUSNESS.

Chas. Forde's Bile Beans Cure Nausea, Sick Headache, and Bad Appetite.

CONVINCING evidence of the great merit of Chas. Forde's Bile Beans comes from Mr. D. Trowbridge, who lives in the little village of Marnbull, near Blandford, Dorset. Mr. Trowbridge was ill for thirty years with digestive disorders—cured by Chas. Forde's Bile Beans in a very short time—and is to-day, five years after his cure, still in splendid health.

"For over thirty years I was a martyr to biliousness and sick headache," Mr. Trowbridge told a *Dorchester Telegram* reporter. "The bilious attacks used to come on me about every fortnight, and then I would be quite prostrated with pain. I could not look at food of any kind without a feeling of nausea; and the splitting headaches nearly drove me mad. Work was quite out of the question while those attacks were on; in fact, I could hardly bear to move at all. I tried all kinds of advertised remedies, but if I did seem to get a little relief it was only trifling and temporary.

"My condition was becoming worse every day, and I had almost resigned myself to the thought that I should never be free from my ailments, when one day I read of a remarkable cure effected by Chas. Forde's Bile Beans in a case similar to my own. I decided to give them a trial, and procured a box at once. In a short time I experienced great relief. The feeling of nausea disappeared, and I became able to eat my food without trouble. After a brief course of Chas. Forde's Bile Beans, I was entirely cured of all my ailments. My biliousness of thirty years' standing is now a thing of the past, and I have no more sick headaches. I shall never be without Chas. Forde's Bile Beans again, for they are a wonderful medicine."

Mr. Trowbridge made the above statement more than five years ago. Writing to-day, he says:—"I can truthfully say that the good health I derived from Chas. Forde's Bile Beans has lasted ever since. I am always recommending this wonderful medicine."



Mr. D. Trowbridge.

may with advantage be poured over while the veal is in tureen or dish.

Boiled Pickled Pork.—First let the pork soak in cold water for about two hours. Then place in saucepan with cold water just covering. Bring to boil gradually, and then simmer gently till tender.

Apple-Pork Pie.—Take 2 lbs. of fresh, lean pork, to 4 large winter apples. Cut the pork into inch lengths, just cover with water and stew gently for half-an-hour. Let it go cold, take the pork out, after skimming the fat off the gravy, and arrange the pork in layers at bottom of a pudding dish. Pepper and salt a little. Make a layer of sliced apples, a thin layer of sugar and spice, a little butter may also be laid on the apples. Repeat the layers thus one over another until dish contains sufficient, seeing the top layer is of apples. Season the gravy taken from the stewed pork, stir in some browned flour, and pour it into the pie. Cover with pastry and bake moderately slowly for one-and-a-half hours. Serve hot.

Roast Goose.—Geese are every year becoming more plentiful and cheaper, and, skilfully dealt with, yield many advantages in the household which make the goose a very economic dish. Draw and truss the goose, and then carefully singe off any hairy feathers that may have remained when the bird was plucked. Wipe the inside well with a clean cloth, and afterwards fill with stuffing of sage and onions. To make a good stuffing for goose put 3 or 4 onions into cold water, and when they have reached boiling for a minute, take them out and put them into fresh boiling water, and boil in this for a quarter-of-an-hour. Rub about a ½-lb. of soft bread into fine crumbs, add rubbed sage and 1 oz. of butter. Chop the boiled onions into small pieces, season the whole well with pepper and salt, and mix the whole thoroughly well together. Having filled the goose with this sage and onion stuffing, fasten up both ends by tying a string round the

LOOK TO YOUR LIVER!

Chas. Forde's Bile Beans the Ideal Remedy for All Liver Disorders.

NO one is more miserable than the bilious man or woman. When you are suffering from your liver, you are on bad terms with yourself and everybody. Little things irritate you; worry makes you worse. You are "off" your food. Except it be a sick headache, there is no particular pain; yet that dull, listless feeling, that want of energy, and that sickly sensation, are all obstinate signs of your being "very much out of sorts."

Biliousness really means being poisoned by one's food. The explanation is simple. It is the duty of the liver to filter off certain poisonous things in our food. If the liver has been given too much work to do—and we all of us are apt sometimes to overtax our livers—or, if the liver has been "chilled," or, for some other reason, this large organ gets out of order, it fails then in its duty, and food-poisoning, or biliousness, is the result.

Chas. Forde's Bile Beans deal with a bilious attack in the way calculated to produce the highest natural result. Assistance is gently given to the over-worked organs while they recover their strength, degree by degree. Chas. Forde's Bile Beans assist the liver—unload the cart, as it were, and help the jaded horse up the difficult hill. A dose after a meal, and a dose again at night on retiring, is all that is necessary to banish the worst signs of biliousness and remove the menace of a "liver" for ever.

PILES, OR HÆMORRHOIDS.

IN the cure of this obstinate ailment, old-fashioned purgatives, which are apt to induce a straining of the bowels, should be rigidly avoided. It is the special virtue of Chas. Forde's Bile Beans that they produce a regular action, ease the liver trouble, relieve the unnatural pressure on the veins, and restore the blood circulation. The tissues of the lower bowel are toned and healed, so that bleeding is checked, and inflammation, irritation and pain are all ended. Chas. Forde's Bile Beans have over and over again elicited the thankful praise of those worst victims of piles, the mothers of large families, and people leading sedentary lives.

WRITE FOR FREE MEDICAL ADVICE.

OUR Fully-Qualified Medical Staff are at your service, free of charge, to answer any question you may wish to put to them about your own or your children's ailments. All enquiries are treated with the strictest confidence. State frankly and clearly what you wish to know, and a reply will be sent to you under cover by return of post. Address your letter to The Bile Bean Co., Greek Street, Leeds, and mark the envelope "Advice." When writing, mention this book, "100 Dainty Dinners." See opposite page 24, how to obtain a Free Sample. Also, look at offer of Free Music on page 24.

stem of the neck, and by drawing the rump through a hole which you must cut in the skin. Place on a grill standing in tin and place in oven or gas-cooker kept to a good heat, and in about one-and-a-half hours the bird will be cooked thoroughly well. Strong beef gravy and plenty of apple sauce should be served with goose, and mashed turnips are also an advantage, with either roast goose or roast duck. For roast duck, follow same directions as for roast goose. You can, of course, roast either bird by hanging on a jack in front of a clear fire, but the modern gas-cooking ovens cook far more regularly and the process is less troublesome than having to keep the spit turning, and the bird ceaselessly basted. Cooked in a stove, the basting trouble is got over by placing a fair quantity of the goose fat on the top of the bird as it lies in the cooking tin.

Giblet Pie.—Carefully wash the giblets of a goose or duck, and place them in a stew-pan along with about $\frac{1}{2}$ -lb of steak cut into small pieces, cover with cold water and add onions, cut into thin slices, and herbs, and stew gently for about 2 hours. Then take out the herbs and let the giblets go cold. Line the sides of a pie dish with suet paste, lay in the giblets and pieces of steak, season with pepper and salt, and make dish three-quarters full of gravy in which the giblets have stewed. Cover with crust and bake about one hour in a hot oven.

Roast Fowl.—Draw and clean the fowl, and stuff breast with same stuffing as veal, put 2 or 3 slices of fat bacon across breast when placing in oven, slightly dust with flour and bake three-quarters-of-an-hour to one hour in moderate oven. Serve with bread sauce and brown gravy.

Roast Turkey.—Pluck, and singe off feathers. Afterwards draw and clean, same as goose. Stuff with pork sausage meat. Keep well basted with lard or dripping. Time, quarter-of-an-hour to twenty minutes per pound weight. Serve with roast sausage.

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PILES & CONSTIPATION.

Mother's Terrible Suffering after her First Baby.

"AFTER the birth of my first baby I was attacked with piles," says Mrs. Violet Beer, a young wife living at 58, Agincourt Terrace, School Lane, Buckland, Portsmouth.

"The pain and irritation I experienced were very distressing, and as I was very weak in myself my suffering was greatly increased. For a long time I was unable to find a cure, but after reading of the good Chas. Forde's Bile Beans were doing, I bought some. I was then in a very bad state, having suffered continually for seven months, but as I continued the course of Chas. Forde's Bile Beans I found the piles were rapidly disappearing. Now I am quite cured, and I feel so grateful that I wish every poor sufferer to know of Chas. Forde's Bile Beans."

Writing recently, two years after her cure, Mrs. Beer says:—"Since Chas. Forde's Bile Beans cured me I have not had the slightest sign of the piles returning. I am in splendid health. I shall always strongly recommend Chas. Forde's Bile Beans; they are a splendid medicine."

Piles are caused chiefly by constipation and weak digestive organs. Chas. Forde's Bile Beans are a rational remedy for piles, for they restore Nature's own perfect processes of digestion, assimilation, and excretion, thus removing the congestion of the hæmorrhoidal veins, which is the direct cause of both blind and bleeding piles. Sufferers from piles should promptly seek the only rational remedy, and take Chas. Forde's Bile Beans, the medicine which so thoroughly cured Mrs. Beer.



Mrs. Violet Beer.

PREVENTION OF INFLUENZA.

INFLUENZA, is most readily contracted when a person is "run down" generally. Pneumonia, heart and kidney disease, and chronic debility and mental and physical weakness, frequently follow in the wake of a serious attack of influenza. Chas. Forde's Bile Beans not only correct the system and counteract these results, thus bringing the influenza patient back to his full normal health, but, taken beforehand, they tone up the system and enable one to ward off influenza.

Haricot Mutton.—Cut 1 lb. neck of mutton into chops, melt a little dripping in an iron saucepan; when hot put in the chops and fry until a nice brown, then remove them; peel and slice 2 onions, fry them, sprinkle in 1 oz. flour. Let it brown slightly, then add $\frac{1}{2}$ pint cold water gradually, and stir until it boils. Wash and peel a turnip, scrape a carrot, and cut both into nice pieces; return chops to saucepan; add the vegetables, and pepper and salt according to taste, and simmer for about one hour.

Meat Pudding.—Cut 1 lb. of stewing meat into thin strips, dip in salt and pepper, and roll as for meat pie. Grease and line a pint basin with suet pastry, put in the meat, and pour $\frac{1}{2}$ pint water over it. Put a cover of suet pastry on the top, and steam or boil for three or four hours. If cold meat is used, substitute stock for water, and the puddling will not need to cook so long.

Boiled Rabbit.—Choose a young rabbit. (A rabbit is young if the claws are sharp, the teeth small, and the ears easily tear.) Skin and wash it in cold water, then truss it; bring the hind legs forward, the fore legs backward, and the head round to the side, and fasten by means of a skewer. Have ready a pan of boiling water with a little salt in it; put in the rabbit and allow it to simmer gently for about one hour. A large rabbit will require one-and-a-half hours. Should any scum rise to the top of the water, skim it off gently with a spoon. When cooked, take it out of the pan, remove the skewers, place it on a hot dish and serve with onion sauce poured over it.

Value of Crumbs.—No housewife should be without a corked bottle of toast crumbs. Place all your clean waste bread in the oven until it is browned through crisp. You can then break it up, and rub it into small crumbs between the palms of the hands. Kept dry in a clean closed bottle, these crumbs remain fit for use and quite wholesome for an indefinite time,



THE CAUSE CURED AND THE PAIN BANISHED.

NO sufferer from headache and its attendant evils should miss reading how wonderfully Chas. Forde's Bile Beans cured Mrs. Frances Clare, of 40, Warrington Road, Widnes. Hospitals, doctors and ordinary medicines were helpless, but Chas. Forde's Bile Beans proved their vast superiority over all other remedies.

"For twelve years," said Mrs. Clare, "I had awful headaches, my head 'swimming round,' the pain making me too dizzy to keep on my feet. My body ached in every joint, and my limbs trembled with a chilly kind of weakness. I had indigestion also, and my agony from repeated horrible dreams made me afraid to go to bed at night.

"Everything I ate or drank brought a heavy feeling at the pit of my stomach, until at last I became afraid to eat, and often I lived for days on nothing but bread and milk.

"I was treated at four different hospitals, and spent pounds on doctors and medicines; but the most I got was relief for a few days—then the agony all returned.

"The doctors didn't seem to know what was the matter with me. One said I was suffering from indigestion and a sluggish stomach. Another said I had gastric stomach, and a third said I had palpitation of the heart.

"At last a friend recommended Chas. Forde's Bile Beans, which had cured him of indigestion. I determined to follow his advice, so bought a box of Chas. Forde's Bile Beans. One morning, shortly after commencing with 'Chas. Forde's,' I got up as fresh as ever I had been in my life—I couldn't believe I was the same woman. From that day I never looked back, but persevered with Chas. Forde's Bile Beans until I was completely cured.

"Chas. Forde's Bile Beans cured me five years ago," writes Mrs. Clare recently, "and I have not had the slightest sign of my old headache and indigestion since. My health has remained splendid."

When Feeding Children.—Never forget that starchy foods should not be given to a child under nine months old, the little stomach not being before that time able to properly digest anything except Nature's food—milk. A great mistake frequently made is to feed the nursing mother on butcher's meat and porter. As long as her child is given the breast the mother should avoid beer, and all rich foods. Drugs taken by the mother often pass into the milk. Broth, oatmeal, milk gruel, chocolate, and similar foods are nutritious, and generally increase the flow of the milk. Growing children need more food in proportion to their weight than do adults, and they should be fed four times a day, but not indulged between meals.

GOOD, TOOTH-SOME PUDDINGS

Apple Pudding.—Chop 2 oz. suet finely, and mix it with $\frac{1}{2}$ -lb. of flour adding half-a-teaspoonful of baking powder and a little salt, and sufficient cold water to mix it to a stiff paste. Knead the paste until smooth, then roll out. Grease a pudding basin, and line it with the paste, half fill it with peeled, cut, and cored apples, and sprinkle some sugar over. Fill the basin up with apples, adding more sugar and a little cold water. Make a cover of paste for the top, wet the edges with cold water, and press them together. Place the basin in boiling water, and boil, or, if preferred, steam, for about three hours, then turn out upon a hot dish and serve with sweet sauce. Puddings with other fruit may be made in the same way.

Apple Dumplings.—Peel 6 medium-sized apples very thinly and core them, but do not cut them up. Cut $\frac{1}{2}$ -lb. short pastry into six pieces and roll each piece into a ball. Take an apple and work it into the centre of each ball of paste, and put a clove and some sugar into the centre of each apple before closing the paste. Place on greased tin, bake slowly for half-hour.

(Continued on page 10.)

12 YEARS' ULCERATED STOMACH

Permanently Cured. Her Weight now Increased.

A REMARKABLE illustration of how Chas. Forde's Bile Beans cure completely, in cases which are sometimes regarded as hopeless, is furnished in the experience of Mrs. Emily Bird, of Harmondsworth, Yiewsley, R.S.O., Uxbridge, Middlesex. To a newspaper representative Mrs. Bird said:—

"I suffered, on and off, from ulcerated stomach for twelve years. Everything I ate or drank came back again; I couldn't even keep a cup of tea down. Night and day I got no rest from dreadful stomach pains, and I became so bad at last that I went into hospital. But I got no better, so when I came out I went into a London Hospital. After five months there I returned home, believing, as did all my friends, that I was quite incurable, and that I had but a short time to live. I wasted away almost to a shadow: my cheeks fell in, and generally I was reduced to nothing but skin and bone.

"Then somebody gave me a pamphlet telling of the good Chas. Forde's Bile Beans were doing. I immediately began to take Chas. Forde's Bile Beans. My food began to stay down, the dreadful pains after meals began to cease, and gradually left me, and I put on flesh. I was delighted with the results, and, of course, kept on taking Chas. Forde's grand medicine until I felt I was quite cured. My weight increased nearly 3 stones. I am convinced that my restoration to health was entirely due to taking Chas. Forde's Bile Beans, and I shall never cease to be grateful."

Writing to-day, 18 months later, Mrs. Bird says:—"I have remained in very good health ever since Chas. Forde's Bile Beans cured me. I am always recommending them, and am never without a box in the house."



Mrs. Emily Bird.

FLATULENCE, OR "WIND."

FLATULENCE, or wind, is the cause of very distressing pain, in consequence of gases rising from ill-digested food, or some corruption lodged in the digestive system, struggling to find a vent, or freedom from the body. Wind, when it brings pressure over the heart, for example, is often a serious danger. A dose of Chas. Forde's Bile Beans is the most reliable medicine in such cases. Chas. Forde's Bile Beans strengthen the digestive system and dispel all impurities from which flatulence arises.

AILING SINCE CHILDHOOD.

Chronic Weakness, Biliousness, and Constipation.

Plain Suet Pudding.—Chop 2 oz. suet very finely, add it to $\frac{1}{2}$ -lb. flour, and half-a-teaspoonful baking powder and a little salt. Mix with sufficient cold water to make a stiff batter. Pour it into a greased basin or pudding cloth, and steam or boil for two hours.

Yorkshire Pudding.—Mix 4 table-spoonful of flour and half-a-teaspoonful of salt together. Beat up 1 egg and add $\frac{1}{2}$ -pint milk to it, pour gradually upon the flour, mix thoroughly, and beat the mixture until it is quite smooth and light. Melt some dripping in a pudding tin, and when it is quite hot pour in the mixture, and bake for about half-an-hour. Cut into squares and serve hot. The batter is lighter by standing some time before it is baked.

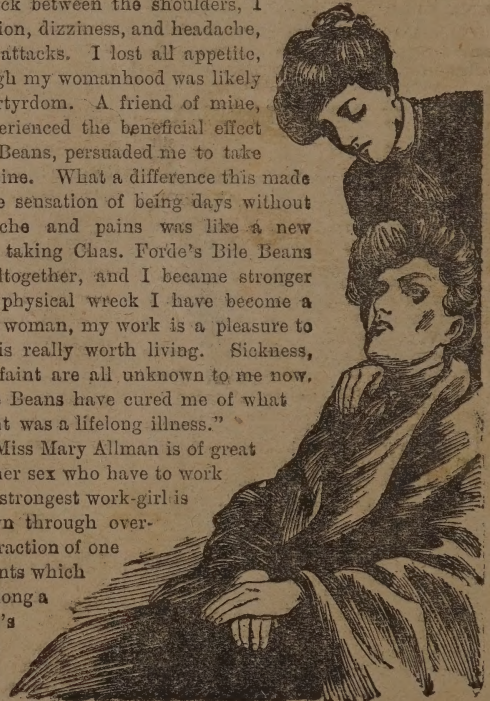
Plain Rice Mould.—Wash 2 table-spoonful of rice, put it into a clean saucepan with 1 pint milk and stir until it boils. Then simmer gently about one hour, add a pinch of salt and 1 table-spoonful sugar, and pour into a wet mould. When cold turn out and serve with stewed fruit.

Savoury Pudding.—Peel 3 large onions, put them into a pan of water to cook until tender, then drain away the water and chop finely. Shred and chop 4 oz. suet, crumble 4 oz. bread or soak it in milk, rub $\frac{1}{2}$ oz. dried thyme and 1 oz. dried sage between the palms of the hands to a fine powder, and beat 1 egg. Put all these into a basin, add pepper and salt, and mix well together. Put 1 oz. dripping into a pudding tin and into the oven. When tin is thoroughly hot pour the pudding in. Put back into the oven to cook for about an hour.

Plum Pudding.—Chop $\frac{1}{2}$ -lb. suet and 2 oz. candied peel finely, wash and dry $\frac{1}{2}$ -lb. currants, stone $\frac{1}{2}$ -lb. raisins; mix all the dry ingredients well together, beat up 2 eggs, and add 2 or 3 table-spoonful treacle and juice of 1 lemon. Add sufficient milk to make a stiff batter, pour into greased basin and steam or boil for four or five hours.

"As a child I was a weakling," said Miss Mary Allman, of Willicote Cottage, Stratford-on-Avon, to a *Birmingham Echo* reporter. "Food would not stay on my stomach, I frequently fainted while at my lessons, and was occasionally sick, vomiting a nasty green fluid. My parents took me to doctor after doctor, but no one seemed to do me good. When I was in my teens I suffered terrible torture. Sharp pains seemed to open and shut my back between the shoulders, I had spells of constipation, dizziness, and headache, and periodical bilious attacks. I lost all appetite, and it seemed as though my womanhood was likely to be a period of martyrdom. A friend of mine, however, who had experienced the beneficial effect of Chas. Forde's Bile Beans, persuaded me to take a course of that medicine. What a difference this made in my existence! The sensation of being days without dizziness and headache and pains was like a new life. As I continued taking Chas. Forde's Bile Beans my troubles ceased altogether, and I became stronger every day. From a physical wreck I have become a strong, healthy young woman, my work is a pleasure to me, and at last life is really worth living. Sickness, dizziness, and feeling faint are all unknown to me now, for Chas. Forde's Bile Beans have cured me of what everybody had thought was a lifelong illness."

The experience of Miss Mary Allman is of great importance to all of her sex who have to work for their living. The strongest work-girl is subject to a breakdown through over-work, chill, or the contraction of one or other of those ailments which made Miss Allman so long a sufferer. Chas. Forde's Bile Beans are the best protection in the world against such mishaps.



Custard Pudding.—Beat 2 eggs well, add 1 tablespoonful sugar, 1 pint milk, and a little salt. Pour into a greased pie-dish, grate a little nutmeg over, and bake very slowly for one hour.

Roly-Poly Pudding.—Put $\frac{1}{2}$ -lb. flour into a basin, add 2oz. suet chopped finely, a pinch of salt, and $\frac{1}{2}$ -tablespoonful baking powder, with sufficient cold water to make a nice paste. Knead until smooth, then roll out into a long thin piece, spread jam over it, keeping it away from the edge. Roll up the paste, press the ends together, and put it in a well-floured pudding cloth. Tie it tightly up, place in a pan of boiling water, and boil for one-and-a-half hours.

Pancakes.—To make this pleasing and most nutritious food successfully, allow 1 egg and 1 tablespoonful of flour to every tumbler of milk. Put the flour, with a pinch of salt, into a basin, and with a little cold milk mix till quite smooth. Beat the eggs well and stir them into the flour. Then add the rest of the milk, and mix to a thin batter. Melt a little butter in the frying-pan, put some of the batter into a cup, and pour over the swimming butter just a thin layer of batter. Hold the pan over the fire till the batter sets. Then keep gently shaking or revolving the pan just enough to prevent the cake sticking and burning. Turn the cake over when you see it is sufficiently done on one side, and let it be equally browned on the other side. Pancakes should not be left to stand, but be served and eaten as soon as cooked. Usually they are eaten with powdered sugar sprinkled over and a little lemon juice dropped into it, but they are excellent covered with fruit jam, such as strawberry or black currant.

Cornflour Mould.—Put 2 table-spoonful cornflour into a pan and mix it to a smooth paste with 1 pint milk and a little flavouring, and allow to boil for about five minutes. Add 1 table-spoonful sugar, and pour into a wet mould. When cold turn out, and serve with jam or stewed fruit.

(See also page 14.)

WORK LOST THROUGH ILLNESS.

Chas. Forde's Bile Beans cure Weakness & Dizziness.

"THE work of loading and unloading lorries at a jute mill was very heavy, and taxed my strength when I was in good health. Weakened by constant suffering, I was obliged to leave my work." This explanation was given to a Dundee newspaper reporter by Mr. David McIntosh, of 41, Alexander Street, Dundee, as the reason of his being found in an almost unconscious state. "I was in great pain, and a doctor was at once sent for," added Mr. McIntosh. "The doctor gave me some relief, but this only lasted a little while, the pain returning with increased severity. I had long been subject to constipation. To dimness of sight and lightheadedness were now added terrible pains about the body, particularly through the back and round the stomach. I was in despair, I could neither eat nor sleep, and was constantly in pain. My illness had cost me three different situations, and looked likely to lay me aside altogether.

"I was in a very depressed and weak state when I tried Chas. Forde's Bile Beans. But after I had taken a few doses I felt considerably relieved. I persevered with Chas. Forde's Bile Beans, and I gradually shook off the depressed feeling as my appetite returned, and I found I could take my meals without suffering pain afterwards.

"Soon after commencing with Chas. Forde's Bile Beans, a friend called, and told me of a vacancy at the jute works, but he was afraid the work was too heavy for me. To his surprise I accepted, and commenced work next day. That was some months ago, and I have not lost a day through illness since. I kept on with Chas. Forde's Bile Beans—when buying I always made sure it was Chas. Forde's Bile Beans they sold me—until now I am in splendid health, and am quite cured. I eat and sleep excellently, and always wake up bright and fresh after my night's sleep. The terrible stomach and back pains are all things of the past."



Mr. David McIntosh.

Send for a FREE SAMPLE.—On the inside back page, opposite page 24, you will find instructions showing how you can try Chas. Forde's Bile Beans free.

DISHES FOR SICK AND WEAK.

In Preparing Dishes for Invalids remember that—Meats should be of the short-fibred white description, such as chicken; bread should be stale; vegetables tender, and pure as possible; and anything fat should be finely minced; and that—scrupulous cleanliness of cloths, plates, spoons, and all things used has a tendency to increase the invalid's appetite, while a speck of dirt or anything unsightly may "turn the stomach" of a weak person. Unripe fruit, nuts, etc., should be carefully avoided, and very sweet things are best left alone.

To Make Beef Tea.—Cut 1 lb. lean gravy beef into very small pieces, taking away all fat; let the meat stand in 1 pint cold water for one hour or more in a jar standing inside a pan half full of boiling water. When needed, strain the liquor from meat, and add pepper and salt to taste. The meat may be minced and served on toast.

Invalid Jelly.—Take $\frac{1}{2}$ -oz. gelatine, 6 oz. lump sugar, 2 eggs, $\frac{1}{2}$ -pint cold water, and $\frac{1}{2}$ -pint of lemon or orange juice. Rub the sugar on to the orange or lemon rind, then put it into a saucepan with the water, sugar, and gelatine; when quite dissolved, add the strained lemon or orange juice, just let it come to a boil, then remove it from the fire. Have the eggs well beaten in a basin; pour the jelly gradually on, stirring all the time. Allow it to cool a little, then pour into a wet mould, and turn out when quite cold.

Toast Water.—Toast a slice of thick crust of bread until it is quite brown on both sides. Put it into a jug with a quart of cold water and let it stand for one hour, then strain it and serve.

Oatmeal Gruel.—Mix 1 tablespoonful coarse oatmeal to a smooth paste with a little cold water, add 1 pint of boiling water, then pour into a pan, and allow it to simmer for about half-an-

DOCTOR SAID: "IF SHE GETS WELL"



GRAND RESCUE FROM

"I WAS for many years more or less permanently under doctors' treatment about the body, and particularly severely that I could only wait attacks of 'wind,' and I thought I should suffocate if I took food, as the smallest quantity

My heart was very

"The doctor threatened practically at death I was all this time at home, and those in

failed to regulate my bowels. I could not sleep, and even made injections under my skin

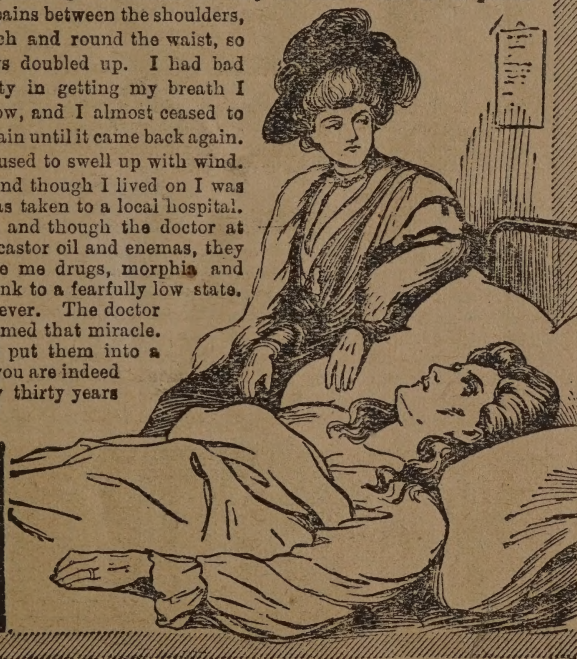
"I was sent to a convalescent home, but after three weeks there I returned, 'If you ever get better it will be a miracle.' It was Chas. Forde's Bile Beans. I have now had good health for eight years—Chas Forde's Bile Beans regulate natural condition, which they have retained ever since. My doctor, when he said, 'I certainly should not be alive but for Chas. Forde's Bile Beans in West Gorton, where I am well known, and anyone can easily prove the truth

Chas. FORDE'S BILE BEANS

IT WILL BE A MIRACLE

CONSTIPATION, BILIOUSNESS, & INSOMNIA.

subject to stomach disorders," said Mrs. Helen Dee, of 13, Soapery Street, just over nine years ago I became so very ill that I had to be placed in bed. I suffered from pains between the shoulders, across the stomach and round the waist, so much pain and always doubled up. I had had so much difficulty in getting my breath I My skin went yellow, and I almost ceased to eat. It gave me great pain until it came back again. I was weak, and my body used to swell up with wind. Sometimes I gave me up, and though I lived on I was poor. Finally I was taken to a local hospital. I was fully constipated, and though the doctor at the hospital gave me castor oil and enemas, they did not help. Though they gave me drugs, morphia and opium, and I gradually sank to a fearfully low state, much worse than ever. The doctor who performed that miracle. I was able to eat my bowels, and put them into a normal state, said 'you are indeed cured.' I have lived nearly thirty years since my statement."



hour. Keep stirring all the time to prevent it getting lumpy or burning. Strain and add salt or sugar according to taste.

Barley Water.—Put 2 tablespoonsful of pearl barley and water into a saucepan on the fire; when the water boils pour it away, as it is unwholesome; add a pint of fresh cold water, bring it to the boil, let it simmer until the water looks milky. A bit of lemon rind peeled thinly, kept in for a while to extract the flavour, is an improvement.

Lemonade.—Rub a lemon with a cloth to clean it, pare the yellow rind as thinly as possible, cut the lemon in half, strain the juice into a jug; add the rind and 1 oz. sugar, pour in $\frac{1}{2}$ -pint boiling water, cover the jug and set aside to cool, then strain and use.

Linseed Tea.—Put 1 oz. linseed into a pan with $\frac{1}{2}$ -oz. liquorice, $\frac{1}{2}$ -oz. sugar or sugar candy, and 1 quart cold water, and simmer for one hour, then strain.

Invalid Custard.—Beat up 1 new-laid egg, add 1 teaspoonful sugar and $\frac{1}{4}$ -pint milk. Pour into greased cup, and steam twenty minutes.

Oatmeal Water.—Put 1 tablespoonful coarse oatmeal into a jug, pour 1 quart boiling water over, cool, and add salt or sugar to taste.

Arrowroot.—Mix a teaspoonful of arrowroot to a smooth paste with a little cold milk, pour on boiling milk until cup is full, stirring all the time to prevent it becoming lumpy; add a pinch of salt and sugar to taste. If wine is to be added, use water instead of milk.

Fish for an Invalid.—Put $\frac{1}{2}$ -pint of milk on the fire to get hot; when quite hot put in 1 whiting or any white fish, and allow it to cook about twenty minutes. When done, put on a hot dish. Mix 1 teaspoonful cornflour to a smooth paste with a little milk; then add the milk in which the fish was cooked. Stir over the fire until it boils. Pour sauce over fish, and garnish with cut lemon and parsley.

Cheap Cabinet Pudding.—Grease a pudding basin, and place at the bottom of the basin a few raisins stoned; beat up 2 eggs and add 1 pint milk and 2 tablespoonful sugar. Cut $\frac{1}{2}$ -lb. bread into small squares, pour the custard over and allow it to soak for a few minutes, then put it into the pudding basin. Cover with a greased paper, and steam for about three-quarters-of-an-hour. Turn out upon a hot dish, and serve with sweet sauce. (See "Sauces.")

Rice, Tapioca, or Sago Pudding.—Two small tablespoonful of rice, sago, or tapioca, 1 tablespoonful sugar, 1 tablespoonful of finely chopped suet or a little butter, 1 pint of milk, pinch of salt. Put in a greased pie-dish and allow to cook in a cool oven for about two hours. A beaten egg may be added with advantage, especially in the sago and tapioca pudding.

Bread and Butter Pudding.—Put slices of bread and butter into a pie-dish, use 2 oz. currants, a portion sprinkled between each layer and on the top; pour a beaten egg and $1\frac{1}{2}$ oz. sugar in 1 pint of milk over the bread and butter, and bake in a moderate oven about one hour. This pudding is better for standing a little time after it is made before being baked.

Ground Rice Pudding.—Put 2 tablespoonful ground rice into a pan, and mix it with a little milk; then add the remainder of 1 pint milk, salt, and flavouring. Allow it to boil about seven minutes, then remove from the fire. Add an egg well beaten, pour into a greased pie-dish, put into a hot oven, and cook for about fifteen minutes.

Meat Patties.—Soak 2 oz. bread in cold water; when soft pour off the water and beat up with a fork. Chop $\frac{1}{2}$ -lb. cold meat, and add it with 2-teaspoonful thyme and pepper and salt. Line patty-pans with pastry, put some of the mixture in each, cover with pastry, and bake in a quick oven.

WEAK, WEARY WOMEN!

WHEN daily toil drags drearily, and every little duty seems a burden, your stomach and liver are out of order. Take yourself in hand in good time. Chas. Forde's Bile Beans not only cure great ailments: they nip sickness in the bud. Hence, in all bodily disorders which cannot truthfully be regarded as actual sickness—when you feel too ill to be cheerful or interested, but not ill enough to lie up—Chas. Forde's Bile Beans are invaluable. This splendid family medicine not only quickly restores robust health and buoyant spirits, but checks the growth of many insidious and malignant diseases that a continual state of bodily weakness gives birth to.

Chas. Forde's Bile Beans will revitalise your whole body, and change your "ailing" condition to a life of lasting health and happiness. Chas. Forde's Bile Beans in this way cure young women of "bloodlessness," anæmia, and bring back the good colour of health to their cheeks.

HEADACHE.

HEADACHE causes so much suffering, particularly among women, that one is apt to forget that the throbbing temples are not the real ailment, but the painful effect of an ailment which lies in some other part of the body.

The most common headache is the bilious headache, which is sometimes accompanied by a yellowish or sallow complexion, loss of appetite, splitting pains across the temples, sickness and dizziness, and foul breath. Another frequent cause of headache arises from the nerves being strained by excitement, or weakness which runs through the nervous system up to the brain. In both cases—indeed, in almost all cases of headache—there is an irregularity somewhere in the bowel or digestion action, and the system wants clearing and toning up. Chas. Forde's Bile Beans not only cure this kind of headache, but that terrible head-throbbing which results from the blood in the head-veins containing impurities. A systematic use of Chas. Forde's Bile Beans will keep headache away.

CONSTIPATION.

CONSTIPATION, or costiveness, gives rise to piles, liver troubles, indigestion, headache, and disturbs the functions of the whole body. Chas. Forde's Bile Beans cure constipation in a positive and permanent manner. Unlike ordinary medicines, "Chas. Forde's" do not force a passage through the over-loaded digestive canal. Instead, they set the bowels in action in a gentle and natural fashion, and restore Nature's functions to healthy activity. There is no medicine so safe and so certain to produce good results as Chas. Forde's Bile Beans, "the kind you have always bought."

BEST WAYS TO COOK FISH.

To Boil Fish.—Thoroughly cleanse and wash the fish in cold water; have ready a saucepan of boiling water, with a tablespoonful of vinegar with salt in it. Place the fish in, and let it simmer gently, allowing ten minutes to every pound, and ten minutes over; an ordinary saucepan will boil the fish, but it must be put into a clean cloth, and tied up, to prevent the fish breaking.

To Fry Fish in Batter.—Wash 1 lb. of ling, cod, or other white fish thoroughly, then dry it and cut it into a few pieces. Put 4 oz. of flour into a basin, mix it to a nice stiff batter with 1 pint of lukewarm water, adding the salt, dip each piece of fish into this, and fry in boiling dripping for about five minutes. Drain well, serve on a hot dish and garnish with parsley.

Fish Baked in Milk.—Clean 2 lbs. of haddock, or other white fish well, cutting off the fins, and dry it; put the milk into a dripping-tin with half a teaspoonful of salt; place the fish in, dredge it with flour, and drop a few bits of dripping on the top. Cook in a hot oven, and baste well during cooking. Allow ten minutes to every pound. Mix 1 tablespoonful of flour with cold water; add to it 1 tablespoonful of chopped parsley and 1 pint of milk. Let this boil well; season to taste and pour over fish when it is cooked.

Fish Cakes.—Soak $\frac{1}{2}$ lb. of bread in milk until quite soft, then squeeze as dry as possible, and beat with a fork until quite fine. Remove all skin and bone from the fish, and break into small pieces. mix with the bread, add pepper, salt, grated lemon rind, and a little ground mace, an egg beaten, and butter melted. Make into small flat cakes, brush them over with egg, cover them with bread crumbs, and fry in very hot dripping a nice brown. Serve them hot, and garnish with parsley.

(Continued on page 16.)

RESULTS OF RHEUMATISM.

Weakness Cured, and Pains Banished.

THE sterling value of Chas. Forde's Bile Beans in all cases, even where years of neglect have complicated the ailments, is shown by the experience of Mrs. Jane Trott, of 1, Lancaster Street, Avon Vale Road, St. George's, Bristol.

"For many years I was in delicate health," said Mrs. Trott to a Bristol reporter. "It was the result of a bad attack of rheumatic fever in my youth, which affected my heart. I was often seized with bad pains in my side, and my general health was affected, indigestion and frequent bilious attacks making me very weak and depressed. I ceased to trouble doctors, for I found that they did me no good, and I had practically given up all hope of getting better. I had terrible headaches almost every day, and could get no proper rest either night or day.

"During one of the worst attacks of pain in the side I made up my mind to try Chas. Forde's Bile Beans, after reading of a cure effected in a similar case to mine. After the action of the first few doses, I felt so much easier I continued taking them. The change for the better continued. I could sleep well, the headaches disappeared, and I became free from those terrible pains in the side. Eventually I was absolutely cured. There had been no return of the rheumatism nor the pains in the side. I have had no bilious attacks since, and have been free from headaches."

It is now three years since Mrs. Trott made the above statement, and she writes to-day, saying:—"I am thankful to say my health is still good. The cure effected by Chas. Forde's Bile Beans has proved permanent, and I can never be too grateful for what they have done for me."



Mrs. Jane Trott.

COLDS AND LIVER CHILL.

THE change from summer to autumn is attended by many dangers to bodily health. A chill invariably affects the liver, hindering it in its work, and irritating the delicate lining tissue in the same way as a cold in the nose does. Then the liver becomes sluggish, the stomach and bowels are affected, and constipation, headache, indigestion, rheumatism, bad circulation, and a general upset of the whole system follow. Besides, a chill on the liver is often the forerunner of pleurisy, pneumonia, and such serious winter ills. If you keep your liver healthy and active by taking Chas. Forde's Bile Beans you never need fear an attack of liver chill.

Fish Pie.—Cut 1 lb. of any kind of fish into small pieces, put a layer of pastry at the bottom of a pie-dish, and drop the fish pieces in. Sprinkle with bread crumbs, pepper, salt, and parsley, and pour a little gravy or water over; cover with short pastry, and bake in a hot oven from twenty minutes to half-an-hour.

To Prepare Dried Salmon.—Pull the salmon into flakes, chop up 2 or 3 hard-boiled eggs, mix up 2 oz. of butter with a tablespoonful of flour, put all in a pint of cream, and stir till it boils. Pour into a dish lined with mashed potatoes and put the fish in the centre.

Baked Fish Steaks.—Cut 1 lb. of cod, halibut, or other thick fish into steaks, and wash and dry them well. Mix a tablespoonful of browned bread crumbs and pepper and salt together. Make 2 oz. dripping quite hot in a dripping-tin; dip each steak of fish into the bread crumbs. Place in a dripping-tin and cook in a hot oven for about twenty minutes. Baste it frequently.

To Fry Plaice or Soles.—Clean and wash the fish, cut it into three or four pieces, dry each piece with a clean towel, sprinkle a little flour, pepper, and salt upon each piece. Put a clean frying-pan on the fire with 2 oz. of lard or dripping in it; when it has become thoroughly hot (and is quite still) lay in the fish, white side downwards; fry that side a golden brown, then turn it over with a spoon and knife to cook on the other side; when done, place it upon a plate or dish. Drain off the fat. Arrange a little parsley round the edge of dish, and serve with plain melted butter, or other sauce. (See "Sauces.")

Some people imagine the dish is not complete unless the fish has been dipped in beaten egg and bread crumbs before fried. The use of the egg is not necessary. A cheaper way is to make a light batter of flour and water to thickness of cream, and dip the fish in this, and afterwards in powdered toasted crust, before dropping it into the boiling dripping. Beef dripping is the best.



Mr., Mrs. and Master H. Bimpson.

THE BEST FAMILY MEDICINE.

Chas. Forde's Bile Beans in the Home.

"**M**ANY a time I have gone for three or four days without touching food," said Mr. William R. Bimpson, of 8, Schofield Street, Failsworth, near Manchester, to a local newspaper reporter. "The distress I felt through my food returning when I attempted to eat, and the terrible, throbbing pains which came into my head, along with the sickness which ensued—all this suffering made me prostrate. I was under doctors' treatment, but they could not relieve the indigestion and biliousness which afflicted me. Meantime my wife had been in bad health ever since the birth of our last child. She was constantly "run-down" with headache. Our son, Harold, was naturally constipated, and he was suffering much the same kind of pains as I was myself. Deriving no benefit from the doctors' treatment, I tried Chas. Forde's Bile Beans. These did me so much good I gave doses to my wife and boy. They also benefited, and a continuance of this famous family medicine put us all into the best of health. In fact, Chas. Forde's Bile Beans have been of incalculable value to my wife, my son, and myself."

On the cover of this book, facing page 24, you may learn how to obtain a free trial sample of the medicine that cured Mr. and Mrs. Bimpson and their son.

To Bake Halibut.—Soak a piece of halibut, say 3 lbs., in strong salt and water for one hour. Then wash it in fresh cold water, dry it well, and cut short slashes, score it through the thick skin on the top. Place in dripping-pan, pour cup of salted boiling water over this, put another pan, upside down, over it and cook for one hour, basting just 2 or 3 times with a little of the hot salt water. At the end of hour take top pan off, rub butter well over the top of the fish, and leave on till a little browned. Then lift on to a hot dish and keep warm till eaten. Season to taste. Tomato Sauce or Ketchup goes well with baked halibut.

BEST GRAVIES & SAUCES.

Meat Gravy.—When the meat is sufficiently cooked, put it upon a hot dish and pour all the dripping from the tin into a jar; then pour some boiling water over the brown sediment which is in the dripping-tin, add salt to taste, boil up, and strain round the meat.

Brown Gravy for Fish.—Pour off all the fat from the tin in which the fish has been cooked; mix the flour with a little cold water, then add gradually the hot water. Pour it into the tin, add tablespoonful Worcester sauce or vinegar and pepper and salt. Stir while boiling.

Melted Butter (White Sauce).—Put 1 oz. butter into a clean saucepan and place it on the fire. When melted pour in 1 oz. flour and stir to prevent it becoming lumpy. Add $\frac{1}{2}$ -pint water or milk gradually, continuing to stir until the sauce boils and becomes thick. See you do not burn it. Add $\frac{1}{2}$ -teaspoonful salt. If for a savoury dish, add pepper.

Parsley Sauce.—Melt $\frac{1}{2}$ -oz. butter in a pan and stir in 1 tablespoonful flour. When quite smooth, add $\frac{1}{2}$ -pint milk or water, allow it to boil well, then add parsley, chopped fine, and seasoning.

ONE egg well beaten is worth two not beaten.

BOILED pudding should fill the basin.

(Continued on page 13.)

BROKE DOWN AT 60.

A New Lease of Health & Strength at 63.

"A FEW years ago—I am now sixty-three years old"—said Mr. Joseph Hatton, a lamp-lighter, of 20, Greenfield Street, Liscard, Cheshire, to a local reporter, "I could carry, with ease, a sack of flour under each arm, and as a runner and jumper I was well known. Then came a change in my health, which reduced me to a pitiful weakness, and threatened a permanent breakdown. It is about three years ago that I began to suffer from pains in the head, sickness, and loss of appetite. The pains were very severe indeed, and many times I suffered so acutely I was almost blinded. The veins stood out like cords on my forehead. I put up with these attacks patiently for some time, in the hope that they would pass away; but, as they got worse, I got some medicine. This brought me no relief, so I placed myself in the hands of a doctor. The little improvement he brought about soon passed away, leaving me worse than ever. I became very miserable and depressed.



Mr. J. Hatton.

"For more than two years I suffered from the bad bilious bouts, with their accompanying headaches, and all the medicines I took failed to give me permanent relief. When my son advised me to give Chas. Forde's Bile Beans a trial, I had no faith in them, but he was so positive they would do me good that at last I bought a supply. To my surprise and delight, the first few doses brought me an improvement, and encouraged me to continue with the medicine. Chas. Forde's Bile Beans eased the terrible pains in my head, and stopped the sickness. Perseverance with Chas. Forde's Bile Beans finally resulted in a complete cure of the biliousness and headache. Now I am enjoying the full vigour of health which many men twenty-five years my junior would envy. In fact, I am as strong and hearty as ever.

"Chas. Forde's Bile Beans have done me a world of good, and have quite restored me to my former good health and strength."

Bread Sauce.—Peel 1 large onion, stick 4 cloves into it, cut it in two, and simmer it in 1 pint of milk until tender. Crumble some stale bread, or break the bread into small pieces and pour the hot milk over it. Let it soak for half-an-hour, having the onion strained from the milk before the bread is added; the bread being crushed with a fork. Put the sauce back into the pan to simmer for a while, add 1 oz. butter and a little pepper and salt, and pour into a tureen or basin.

Egg Sauce.—Boil an egg for fifteen minutes, then put it into cold water until quite cold, peel off the shell and chop up the egg, and put it into $\frac{1}{2}$ -pint white sauce. Make quite hot and serve.

Onion Sauce.—Peel a couple of onions and boil them until quite tender, then chop finely. Melt 1 oz. butter in a saucepan, and stir in 1 oz. flour. When quite smooth add $\frac{1}{2}$ -pint water and $\frac{1}{2}$ -pint milk, and boil well. Then add the chopped onions and seasoning and boil again.

Apple Sauce.—Peel, core, and cut up 1 lb. apples, put them into a saucepan with 3 tablespoonsful water, and simmer until they are quite soft. Beat them well with a fork, add sugar to taste, 1 oz. butter, and a little nutmeg, and serve either hot or cold.

Custard Sauce.—Mix 1 teaspoonful cornflower with a little cold milk. Put the remainder of $\frac{1}{2}$ -pint milk into a saucepan, and when it boils stir in the cornflower, allow it to boil for a few minutes, then add 1 oz. sugar and a little flavouring. Beat an egg well, pour the sauce upon it, stirring all the time. Return to the pan for a few seconds, but do not allow the sauce to boil after the egg is added.

SALT will curdle new milk—hence, in preparing milk porridge, gravies, etc., the salt should not be added until the dish is prepared.

WHEN washing dishes which have held milk, rinse them out with cold water before placing them in hot water.



Rheumatism Vanquished—Strength Restored.

"AT the end of Summer I caught a chill in the country through being caught in a shower," said Mrs. F. A. Cheesman, of 4 $\frac{1}{2}$, Thorpe Street, Braumstone Gate, Leicester, to a *Leicester Guardian* reporter. "The chill brought on a rheumatic attack, so severe that for a fortnight I was unable to remove back to the town. And after I was taken home I was confined to the house for several weeks, and was in the hands of the doctor for over a month. My whole system was thrown out of order, my digestive organs were weakened, and I became feeble and depressed. The doctors succeeded in patching me up, so that I got about a bit after some months; but they did not cure me. I was, however, induced to try Chas. Forde's Bile Beans. The effect was marvellous. Chas. Forde's Bile Beans drove out all the causes of the pain, and restored the full vigour and action of my joints. As I continued with the use of the great family medicine my health improved in every respect, and by Christmas time of the same year I was as well as I am now, really in splendid health, thus entirely being cured by Chas. Forde's Bile Beans.

"It is now six years since my illness," Mrs. Cheesman has just written, "and it has not returned in any form; and though we had all expected that I should have some lifelong ailment as the result of the chill I caught on that unfortunate summer day, Chas. Forde's Bile Beans have completely rid me of all such danger, the cure effected by Chas. Forde's Bile Beans having been thorough and permanent."

BAD AND OFFENSIVE BREATH.

NOTHING is more distressing than an offensive breath. It may directly arise from decayed teeth, or other corruption of the mouth, but the real cause is further in the system, and in ninety-nine cases out of a hundred is a stomach ailment. It is impossible not to connect the great prevalence of disease to-day with the debilitating influence of stomach troubles. A course of Chas. Forde's Bile Beans quickly removes all such trouble, and leaves the mouth pure and the breath sweet.

STRENGTHENING SOUPS.

Mutton Broth.—Cut from the meat superfluous fat, which can be rendered down for dripping. Cut 2 lbs. of neck of mutton into small pieces, and put it into a saucepan. Wash half-a-teaspoonful of rice and put it in, pour on 3 quarts of cold water, place the pan on the fire to remain until the water boils, then draw it to one side to simmer for two hours. Peel an onion, scrape a carrot, pare a turnip very thickly, brush a small stick of celery, wash all these vegetables, cut into small pieces and add them to the broth. Add pepper and salt. Cook gently until vegetables are tender.

Vegetable Soup.—Put 3 quarts of bone stock (see recipe for stock) into a pan, wash 2 tablespoonful of rice, and add it with turnip, onion and celery, nicely cut into small pieces, and let all simmer slowly for two hours. Then mix a tablespoonful of oatmeal with a little cold water, put in some of the hot liquor and stir into the soup. Bring it to boil, add pepper and salt to taste. Keep stirring and skim scum.

To Make Bone Stock.—Break up cooked or uncooked bones into small pieces, and if necessary wash them in salt and water. Put them, and any trimmings of meat you have, into a stew-jar with a teaspoonful of brown sugar and another of salt, and as much cold water as the jar will hold. Stew in the oven for at least twenty-four hours. Strain the stock into a basin, when cold remove all fat. It is then ready for use.

Pea Soup.—Soak 1 lb. split peas over-night in cold water, drain the water off, add the peas to the stock to be used (for which purpose that stated above is good), and allow them to simmer for about three hours; add turnips, carrots, onions, and other vegetables, which have been cleaned and cut into small pieces, and simmer until they are quite tender. Add a little mint; season to taste with salt and pepper.

(Continued on page 20.)

KEEP THE BLOOD PURE!

Chas. Forde's Bile Beans Drive out all Impurities.

"ABOUT four years ago my face became covered with pimples, and blackheads began to appear all over my body," Mr. Richard W. Jones, of 29, Westminster Road, Pentre Broughton, near Wrexham, said to a *North Wales Guardian* reporter. "I tried various remedies, but the pimples and blackheads continued to spread, and soon my face was such a sight that I was quite ashamed to go out. The pain and irritation were terrible, especially at night, when I was unable to sleep.

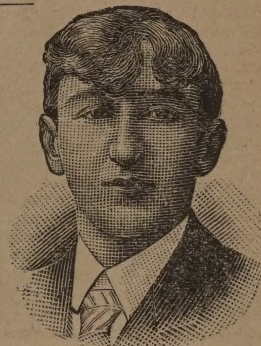
"I became very much run-down in health, and had to go to the doctor. He gave me medicine for my blood and tonics to brace me up, but his medicine did me no good, neither did the other remedies I tried, and I became thoroughly disheartened.

"Some months ago I read of Charles Forde's Bile Beans, and decided to have just another try to banish the pimples and get back my health. Shortly after commencing with Charles Forde's Bile Beans, the pimples and blackheads stopped irritating; then they died away. At the same time my health improved. I felt brighter and more inclined for my work.

"I persevered with Charles Forde's Bile Beans until all the irritating and painful disfigurements were banished. Now I feel in splendid health, thanks entirely to Charles Forde's Bile Beans."

Charles Forde's Bile Beans purify the blood and banish disfigurements by imparting strength to the sluggish liver and stomach—the main sources of the blood's supply. As a tonic and family medicine Charles Forde's Bile Beans are unequalled.

A course of Chas. Forde's Bile Beans not only removes all such unsightly disfigurements as troubled Mr. Jones, but at the same time causes the whole organs of the body to be more firm and natural in their action.



Mr. Richard W. Jones.

N.B.—Every person who wishes to try Chas. Forde's Bile Beans can do so without cost. See instructions opposite page 24.

To Boil Neck of Mutton.—Place in saucepan and cover with water, adding a few pinches of salt. Boil slowly for a little over two hours, skimming off the scum from time to time. Turn a little of the boiled water into dish with the meat, and use the rest for broth. Carrots, turnips, and other vegetables for the broth should be boiled separately, and added after the meat is taken out. To boil a leg of mutton act in the same way.

Irish Stew.—Cut 1 lb. of scrag end of neck of mutton into small pieces, taking off surplus fat, peel 2 large onions and slice them, put the meat and onions into a saucepan, pour on 1 pint of cold water, and season with pepper and salt. Cook gently for three-quarters of an hour, then put in 2 lbs. potatoes, which must have been previously pared and sliced. Let all simmer for nearly an hour, or until the potatoes are ready to mash. Serve on a hot dish.

Scotch Broth.—Wash 2 oz. pearl barley and put it into a pan with 1 lb. shin beef and 3 quarts cold water. Peel a few turnips and onions and scrape a couple of carrots, and cut them into small pieces. When the meat has boiled for about an hour, add the vegetables with chopped parsley and pepper and salt, and allow all to boil very gently for one-and-a-half hours, or until the vegetables are tender. Season to taste.

Veal Broth.—Wash a teaspoonful of rice or barley, and put it with 3 lbs. of knuckle veal into a pan, pour on 3 quarts of cold water. Peel and put in an onion with pepper and salt. Place the pan on the fire; when the water boils, draw the pan aside, and leave to simmer for two or three hours.

A SPOONFUL of vinegar put into the water in which meat or fowls are boiled makes them tender.

THE liquor in which a joint of meat has been boiled should never be thrown away.

To brighten copper, apply a little salt dissolved in buttermilk.

LIVER DISORDER.

**7th Year of Health, due to
Chas. Forde's Bile Beans.**

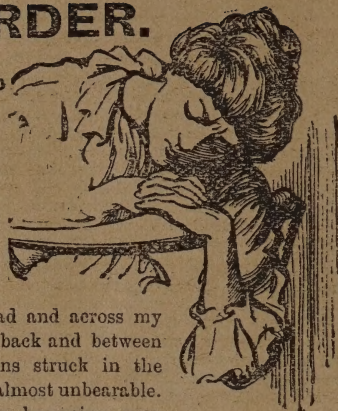
"FOR years I was a dreadful sufferer from liver troubles,"

said Mrs. Charles Nichols, of Edge Hill Lane, Four Oaks, Sutton Coldfield, to a *Birmingham Telegram* reporter. "I was a mass of pains, which were at their worst, in my head and across my side, though they extended over my back and between my shoulders. At times these pains struck in the region of the kidneys, and were then almost unbearable.

My suffering was increased by my becoming very constipated at times. When I rose to my feet to walk, after sitting for some time, a dizziness came over me which made me feel as if I were spinning round, and I would have to sit down again in pain. I consulted a doctor, and took the medicines he prescribed, but these gave me no permanent relief.

"I decided at last to try Chas. Forde's Bile Beans. The effect was soon beneficial. The attacks of dizziness became less frequent, the pains about the body and the headache lessened in severity, and after a while died away altogether. Then I got rid of the constipation altogether, and I became brighter and more active. This went on until there was no doubt Chas. Forde's Bile Beans had cured my liver complaint, and I began to enjoy the good health which has since continued."

Writing now—seven years later—Mrs. Nichols says:—"I can truthfully say, with much gratitude, that I still enjoy the benefit I derived from Chas. Forde's Bile Beans all that time since."



PALE AND SALLOW COMPLEXIONS.

A PALE and sallow complexion is a powerful reflector of unhealthy digestive organs and a deficient blood supply. There is often a yellow or greenish tinge of the skin, which makes the paleness more prominent; the lips and gums seem devoid of blood, and the white of the eye is tinged with yellow specks. The cause of all this is a poor blood supply.

Chas. Forde's Bile Beans are a blood enricher of absolutely unequalled merit. They make the digestive organs strong, and assist them to convert food into rich, red blood, and bring the glow of health to pallid faces.

PASTRY—CAKES, PIES, BUNS.

Good Hints.—Cakes will not stick to their tins if placed on a damp cloth when removed from the oven. When making fruit pies, damp the edge of the pastry with milk instead of water—it holds better, and the juice is not so liable to boil over. In making a crust of any kind, do not melt the lard in the flour. Melting will injure the crust.

Tea Cakes.—Rub 3 oz. butter or lard into 2 lbs. flour; dissolve 1 oz. yeast in a little warm water, and pour it into the centre of the flour; sprinkle salt round the edges, and allow it to sponge for a few minutes, then knead, and add more warm milk, 2 oz. sugar, and 2 oz. cutraints. Allow it to stand in a warm place to rise for one hour or longer. Make up into tea cakes, place on greased tins before the fire for about ten minutes, and bake in a hot oven.

Fruit Pie.—See that the fruit is clean and picked free from leaves or stalks. Wet the edges of the dish, lay on a strip of paste and press it lightly to the dish. Put in the fruit, add sufficient sugar to properly sweeten. Then wet the top of the strip of paste, roll out the pastry for cover or lid; lay it gently on, press lightly to make it stick to the other. Cut round the edge of pie to make it look neat, and bake in a hot oven.

Treacle Pies.—Line some deep plates or saucers with short pastry (see recipe for Short Pastry). Pour in some treacle, rub some stale bread on a grater into fine crumbs, rub ground ginger in with the crumbs. Put a thick layer or covering of crumbs over the treacle. Ornament the tops with the pieces of paste that have been cut off edges of the pies. For one pie made in a breakfast saucer, use 2 oz. flour, 1 oz. lard, 1 teaspoonful of baking powder, pinch of salt, 1½ teaspoonful of treacle, ½ oz. crumbs, and half-a-quarter of a teaspoonful of ground ginger. Fifteen minutes in a quick oven for baking

(Continued on page 22)

ANÆMIA OR BLOODLESSNESS.

Pale, Weak Young Women Made Strong & Rosy.

MISS BESSIE M. HARRINGTON, who resides at home, and assists her mother in the housekeeping, at Farding's Farm, Terling, near Witham, Essex, maintains that she owes her present good health, brightness and activity solely to the wonderful way in which Chas. Forde's Bile Beans cured her of sick headache and anæmia, after doctors had treated her in vain for these ailments during a period of three years. To a representative of the *Essex Herald* Miss Harrington said:—

"I was also troubled very much with indigestion, and the pains this gave me, together with the ever-increasing anæmia, made me grow weaker day after day. Severe pains about the body, as well as constant headache and attacks of dizziness every time I exerted myself, made me feel very ill and unhappy. After I had taken doctors' advice for some time, and the pains and weakness nevertheless increased, a feeling of hopelessness began to seriously affect me, and doubtless would have undermined my constitution but that I was fortunate enough to try a course of Chas. Forde's Bile Beans. For three years I had been a constant sufferer, but soon after I commenced to take Chas. Forde's Bile Beans, my appetite returned, I began to feel brighter, the sickly pallor of my face became succeeded by a good, healthy colour, and in due time there was no doubt that that wonderful medicine had completely cured me."



Miss B. M. Harrington.

"For ten years I suffered fearfully from anæmic and rheumatic pains," said Miss C. Farrance, of 12, Sandstone Street, Moxted Road, Peckham, S.E. "I was a complete wreck. For over five months I was an out-patient at a hospital, and I tried three doctors without result. Many so-called 'cures' also failed to do me any good. Yet Chas. Forde's Bile Beans completely cured me, and now, two years since I was cured, I feel better than I have felt in my life. It seems difficult to realise that at the time of my illness I had to be lifted in and out of bed. The change Chas. Forde's Bile Beans have made is wonderful."

Cheap Mince-meat.—Chop 2 oz. suet, $\frac{1}{2}$ -lb. apples, and 2 oz. candied peel. Put in with $\frac{1}{2}$ -lb. cleaned currants and $\frac{1}{2}$ -lb. sultana raisins, and mix well together with 2 oz. sugar, one lemon juice and rind, and $\frac{1}{2}$ teaspoonful ground cinnamon. It is then ready for use.

Short Pastry.—Rub $\frac{1}{2}$ -lb. clarified dripping or lard into 1 lb. flour, add 1 teaspoonful baking powder and salt, with sufficient cold water to mix to a nice paste. Knead until smooth, and roll out very lightly. Bake in a hot oven.

Flaky Pastry.—Rub about 2 oz. of mixed lard and butter into 1 lb. flour, add the salt, and sufficient cold water to mix it to a stiff paste, knead it slightly, and roll out into a long strip. Divide the remainder of $\frac{1}{2}$ -lb. lard into three portions, and place one portion in small pieces over the pastry, sprinkle with flour and fold in three. Repeat until all the lard is used. Put by in a cool place about one hour, roll out, put by again. Do this a third time, and the paste is ready for use.

Rough Puff Paste.—Mix $\frac{1}{2}$ -lb. flour, a little salt, and $\frac{1}{2}$ teaspoonful baking powder together; cut 5 oz. butter or lard into small pieces, and mix very lightly into the flour, and add sufficient cold water to make a stiff paste. Knead a very little, roll out lightly twice, and bake in a very hot oven.

Suet Pastry.—Mix $\frac{1}{2}$ -lb. flour, $\frac{1}{2}$ teaspoonful baking powder, and salt together, chop 2 oz. suet finely, and add it to the flour with sufficient cold water to mix to a stiff pastry. Knead lightly, roll out, and use.

Christmas Cake.—Beat $\frac{1}{2}$ -lb. butter to a cream, add $\frac{1}{2}$ -lb. fine sugar, and 1 to 3 eggs beaten very well. Then add $\frac{1}{2}$ -lb. flour, $\frac{1}{2}$ -lb. currants, and $\frac{1}{2}$ -lb. raisins, and 1 teaspoonful baking powder, pinch of salt, and grated lemon rind. Beat all well together. Line a cake-tin with buttered paper, and bake in a moderate oven for two or two-and-a-half hours.

WHERE THERE ARE CHILDREN

Chas. Forde's Bile Beans Earn Parents' Gratitude.

MR. AND MRS. CARRINGTON J. TIDDY, living at 34, Bodmin Street, South Fields, Wimbledon, Surrey, have solemnly declared as follows:—

"Up to the time our daughter Violet was nine years old, we watched her pining and sick. She had terrible pains about her head, her eyes were like the yolk of an egg, she made little growth, and was sick, flabby, and feeble. Frequent fainting fits seized her, and were at times so sudden and powerful she would fall over as if dead. Indeed, her father has more than once picked her up believing her to be dead. She could eat little, because nearly all her food came back. Frequently when she passed out into the open air to go to school, she was seized with vomiting, which shook her so severely she had to be brought home again exhausted. She went so yellow and was so constantly sick that she seemed to have biliousness just as severely and just the same as some grown-up people suffer from it. We had her almost constantly under doctors' treatment, but finding her condition grow worse, we became so alarmed we took her to the hospital. Twice, operations were performed upon her throat and head, but these experiments had no effect upon her health. We spent pounds in doctors' advice and treatment, yet our child seemed to go from bad to worse. A public official engaged at Brixton persuaded us to try Chas. Forde's Bile Beans. We did so, and seeing the girl brighten up and begin to eat heartily, we continued the course. She was then nine years of age. The change in her was marvellous. She progressed rapidly, and her pains and languor came to an end, and the fainting fits ceased. That was two years ago. That she was completely cured by Chas. Forde's Bile Beans is clear from that she has since grown rapidly and developed wonderfully, and is now a fine, cheerful girl, healthier and better developed than many girls of her age. We feel it our duty to let other parents know what a blessing Chas. Forde's Bile Beans are wherever there are children to bring up."



Violet Tiddy.

Potato Pastry.—Rub $\frac{1}{4}$ -lb. lard into 1 lb. flour; mash 1 lb. boiled potatoes well, and add them to 1 lb. flour, also 1 teaspoonful baking powder and a pinch of salt, with sufficient cold water to mix it to a stiff paste. Roll out thinly, on a floured board, and bake in a quick oven.

Rock Buns.—Rub $\frac{1}{4}$ -lb. lard into 1 lb. flour, then add $\frac{1}{4}$ -lb. sugar, 2 large teaspoonsful baking powder, $\frac{1}{4}$ -lb. currants (cleaned), and 1 egg well beaten, with sufficient milk to make stiff paste. Drop it upon a greased tin in small pieces, and bake in a hot oven.

Potato Cheese-cakes.—Line some patty-pans or tartlet tins with pastry. Mash 6 oz. potatoes smoothly, add 2 oz. melted butter, 4 oz. moist sugar, 4 oz. currants, 1 oz. candied peel, and 1 beaten egg, and 7 drops essence of lemon. Stir all one way until mixed, then put a teaspoonful of the mixture into each tart. Bake in hot oven.

Apple Cheese-cakes.—Pare, core, and slice $\frac{1}{4}$ -lb. of good baking apples; cook them in a clean saucpan with a little water until they are soft, crush them, weigh 4 oz.; put it back in the pan, add 2 oz. fine sugar and 2 oz. butter. Stir all one way until the butter is melted; pour the mixture into a basin, add grated rind and juice of lemon, and 1 or 2 beaten eggs, and stir with wooden spoon until well mixed. Line some tins with pastry and put mixture in. Fifteen minutes in hot oven.

Brown Bread.—Warm the bowl, put in 1 lb. whole meal, 1 lb. flour, 1 teaspoonful salt, and 3 oz. lard. Rub these until well mixed. Put 1 oz. pure yeast into a basin, pour on a little lukewarm water, and stir until dissolved. Place $\frac{1}{2}$ -pint water and $\frac{1}{2}$ -pint milk in a pan over the fire just long enough to take the chill off. Make a hole in the centre of flour, pour in the yeast, pour the aired milk and water into the basin where yeast has been to rinse it, pour this into the bowl of flour. Set this to

(Continued on page 24.)

HOUSEWIFE'S STRONG PRAISE.

Chas. Forde's Bile Beans Cure Painful Indigestion.

"IT is now two years since I was cured of indigestion by Chas. Forde's Bile Beans, and I am still keeping quite well." Such is the testimony of Mrs. M. Turner, of 24, Granville Street, Barrow-in-Furness.

Mrs. Turner gave particulars of her experience to a representative of the *North Western Daily Mail*:—"For many years I had suffered from severe pains between my shoulders—pains like a knife cutting," she said. "I also had severe aching in the region of the stomach, and a low, heavy, and depressing feeling, especially after eating.

"At times I could not attend to my household duties. I had to get a friend to come and rub me between the shoulders with oil. Two doctors attended me, and gave me medicine and pills, but nothing gave me relief.

"I also tried all sorts of medicines, but with the same disappointing result. Then I heard of Chas. Forde's Bile Beans, and almost as a last hope I tried them. Chas. Forde's Bile Beans gave me so much relief, I was that pleased I felt inclined to jump and dance about the house. I never looked back after that, but as I continued to take Chas. Forde's Bile Beans my health gradually improved, the pains after food went away, my appetite returned, and my spirits revived. I kept on with Chas. Forde's Bile Beans until I was quite cured, and I felt hale and hearty."

This hale and hearty condition has continued, and Mrs. Turner has just volunteered the statement that "the great benefits I have received from Chas. Forde's Bile Beans are, I feel sure, quite permanent. In fact, I was never in better health than I am to-day."



Mrs. M. Turner.

PAINS IN THE BACK.

When the nervous system is run down, every particle of the spine is weakened, and a pain in the back is a sure sign that disorder of the kidneys, or some dangerous ailment is attacking you through your weakest part. A course of Chas. Forde's Bile Beans banishes such pains, and strengthens the organs, and promotes recuperation of the whole system. Chas. Forde's Bile Beans should be taken the moment pains in the back assail one, as those pains are often the beginning of ailments which may linger in the system.

sponge, or knead up at once to a light dough, then set to rise in a warm place with a towel over it. When the dough has increased to double the size when kneaded, and is cracked at the top, take some out, knead it lightly into shape, put it into a greased loaf-tin, which must be only half filled, and set to rise again. When risen to the top, put the bread in the oven to bake, time according to the size of loaf. Commence with hot oven.

IMPORTANCE OF CLEAN VEGETABLES.

The careless housewife is known by her letting vegetables be "cooked anyhow." Now, the closest attention should be given to the vegetables. All vegetables are more or less blood-purifiers, and assist the digestion and assimilation of other food. By assimilation we mean the conversion of the food into flesh and blood and bone and muscle. To do this work properly vegetables should be most carefully washed, cleaned, and, in the case of tubers, pared. And they should be eaten fresh, that is, as soon as possible after being taken out of the ground. Remember!—You cannot purify your blood with dirty or diseased vegetables any more than you can brush your rooms clean with a dirty brush. All greens, such as cabbage, etc., should be boiled with a little carbonate of soda in the water; except in the case of cauliflower or broccoli, which should none the less be thoroughly boiled. Potatoes should be very carefully and thinly peeled, and should be boiled by themselves. The most nutritious part of the potato is just beneath the skin, so, rough, thick peeling is not only waste, but robs the potato of its best part. The best way to purify fresh vegetables and drive slugs out of them is to place them to stand for half-an-hour or so in a bowl of cold water containing a dessert-spoonful of salt.

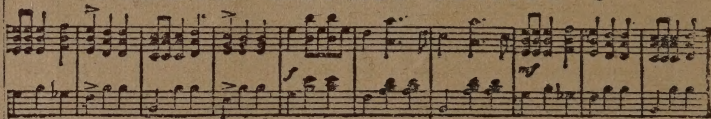
"THE CHANGE OF LIFE."

All Women of Middle Age need Chas. Forde's Bile Beans.

CHAS. FORDE'S BILE BEANS are invaluable for all women's ailments, as is shown in the case of Mrs. R. A. Smith, of Duloe, St. Neots. "For half-a-century I never touched medicine of any kind," Mrs. Smith says. "But when I reached the age of fifty I was attacked by pains in my back and chest, which were at times so dreadful that the agony drove me into hysterics. This continued for three years, during which time I attended two hospitals and consulted several doctors, but I got worse.

"Being thus well-nigh in despair, you can imagine with what astonishment I read about a case similar to mine being cured by Chas. Forde's Bile Beans. Needless to say, I decided to take a thorough course of Chas. Forde's Bile Beans, and the result was that my nervousness quickly disappeared, and my appetite was restored. The pains which troubled me vanished, and my health and strength came back until I was as healthy a woman as any of my age. It is three years since Chas. Forde's Bile Beans cured me, and I have not only remained in splendid health, but have gained two stones in weight." The large number of ladies who have written similar letters to that of Mrs. Smith, prove that during the "climacteric" period, or "change," Chas. Forde's Bile Beans are a most trustworthy and helpful medicine.

MUSIC GIVEN AWAY!



We have just ordered a fresh supply of the famous "Bile Bean Music Budget," which is still offered Free to all readers. The Budget has a prettily coloured cover, and contains fourteen pages of clearly printed music, including two songs by that well-known musical composer, J. Michael Watson, a waltz, a wedding march, and an American quickstep. *All the compositions are within the capabilities of the average player and singer.*

A FREE COPY of this Music Budget will be forwarded to all readers who send two penny stamps, to pay for packing and return postage. Write across the top of letter the title, "100 Dainty Dinners," and address your application to The Bile Bean Manufacturing Co., Leeds. See page 6, and cover opposite this.

CHAS. FORDE'S BILE BEANS

ARE UNEQUALLED FOR

Biliousness	Heartburn	Overheated Skin	Gout
Liver Complaint	Water Brash	Fainting	Neuralgia
Indigestion	Offensive Breath	Spasms	Prostration
Constipation	Pale or Sallow Skin	Palpitation	Ulcerated Stomach
Piles	Gastric Catarrh	Pains in the Back	Irregularity of Bowels
Headache	Colds Colic	Pains in the Shoulders	Blackheads
Anæmia	Influenza and its	Nausea	Pimples
Dizziness	After Effects	Vomiting	Impure Blood
Sleeplessness	Autumn & Winter Ailments	Female Ailments	Jaundice
Flatulency	That Tired Feeling	Debility	Skin Eruptions
Fulness after Meals	Lassitude	Despondency	Rheumatism

CHAS. FORDE'S Bile Beans are also unequalled in curing Nervous Disorders, Loss of Appetite, Shortness of Breath, Blisters on the Skin, Dimness and Blacks crossing the Sight, etc. They act quickly in restoring Females to health, and as a General Aperient and Blood and Nerve Tonic they are unequalled. See "Chas. Forde's" on the label before buying. Sold by all Chemists, in sealed boxes, 1/1½ and 2/9 (family size, containing triple quantity).

FREE!

So that you may, without expense, prove for yourself the value of Chas. Forde's Bile Beans, we will, on receipt of your name and address, and 1d. stamp to cover postage, send you free a box containing trial sample. To make sure of promptly receiving this Free Sample, write on your note the title of this book, "100 Dainty Dinners," and address it to The Bile Bean Manufacturing Co., Greek Street, Leeds.

Take the sample box with you when you go to purchase, and compare its miniature label with the label on the box offered you. If the labels are alike and contain the words "Charles Forde's" distinctly, you have got the right medicine. None other are Chas. Forde's Bile Beans, the original and world-famed.

SEE YOU GET

CHARLES FORDE'S
(Trade Mark)

BILE BEANS for
ILLIOUSNESS

CURE:- HEADACHE, INDIGESTION, CONSTIPATION,
DEBILITY, FEMALE WEAKNESSES, PILES,
DIZZINESS, SALLOW COMPLEXIONS,
PIMPLES AND ALL LIVER
& STOMACH TROUBLES.

2/9 SIZE HOLDS 3 TIMES 1/1½ SIZE.

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